

Keep A Healthy Weight



Kids need calories to grow and develop. Too many calories, too little activity, or both may be the reasons we gain weight. Below are some simple tips to help you keep your weight healthy.

Use the code below to find the missing words.

CODE: 1=L, 2=E, 3=S, 4=O, 5=W, 6=Y, 7=A, 8=K, 9=I, 10= P, 11=C, 12=T, 13=V

1. Remember: Most calories come from all the food and drink you $\frac{3}{3} \frac{5}{5} \frac{7}{7} \frac{1}{1} \frac{1}{1} \frac{4}{4} \frac{5}{5}$
2. Eat $\frac{1}{1} \frac{2}{2} \frac{3}{3} \frac{3}{3}$ fats, oils, and sweets.
3. Eat $\frac{3}{3} \frac{1}{1} \frac{4}{4} \frac{5}{5} \frac{1}{1} \frac{6}{6}$. This will help you feel full without overeating.
4. Don't $\frac{3}{3} \frac{8}{8} \frac{9}{9} \frac{10}{10}$ meals.
5. Include lean or low fat foods from $\frac{7}{7} \frac{1}{1} \frac{1}{1}$ the food groups: fruits; vegetables; breads and cereals; meat, poultry, and fish; milk and milk products.
6. Be more $\frac{7}{7} \frac{11}{11} \frac{12}{12} \frac{9}{9} \frac{13}{13} \frac{2}{2}$